



# *THE REVIEW*

**February 2023**





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# THE REVIEW

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**Editor's note:** The next *Review* will be for March 2023. Items for inclusion need to reach me by 19th February.

Thank you.

*Editor: sheila@sheilabrain.com*



## **Worship in February**

**Sunday 5th**      Revd Janine Atkinson  
                         with Holy Communion

**Sunday 12h**      Revd Ruth Dillon

**Sunday 19th**      Revd Peter Brain

**Sunday 26th**      Revd Janine Atkinson

DO YOU WANT TO FAST THIS LENT?

*in the words of Pope Francis...*

Fast from hurting words and say kind words.

Fast from sadness and be filled with gratitude.

Fast from anger and be filled with patience.

Fast from pessimism and be filled with hope.

Fast from worries and have trust in God.

Fast from complaints and contemplate simplicity.

Fast from pressures and be prayerful.

Fast from bitterness and fill your hearts with joy.

Fast from selfishness and be compassionate to others.

Fast from grudges and be reconciled.

Fast from words and be silent so you can listen

**Our church motto:**

**“Within these walls let no-one be a stranger”**

## **From the minister...**

Dear Friends

Perhaps, like me, you feel as though this year could be a 'bumpy ride'. The world, our communities even, seem to be divided along so many fault lines. Without proper care about how we behave, our complicity in making these fractures will cause us to stumble and fall into chasms of our own making.

All the more reason to turn our eyes to Jesus and follow his example. He's the one who showed us how to love well. Jesus showed us God's love and the love we were created to give. Jesus taught us to include – not exclude; Jesus is the one who warned us against causing people to stumble and fall; Jesus is the one who lived and moved amongst those who were dispossessed in the deeply divided world of the time. So Jesus gives us a clear example to follow. It's because of Jesus' example that Christians believe that faith must be practiced in both words and activities that lead to flourishing life.

The Gospel writer Matthew recalls, in chapter 5:1–12, how Jesus taught that we are blessed when we are merciful; when we are peacemakers; and when we are persecuted for following Jesus' way, copying his example. Because of Jesus' words and actions *then*, I think he would tell us *now*:-

You are blessed when you hold on to every shred of integrity you have that contributes to human flourishing and fulness of life for *all*, no matter who tells you to think differently;

You are blessed when you join the struggle against racism, sexism, homophobia, transphobia, the abuse of disabled people (the list goes on).

You are blessed when you live simply, when you share and when you challenge greed, whenever and however it rears its ugly head;

You are blessed when you are as happy to give as to receive and live generously;

You are blessed when you show mercy, when you keep loving, forgiving and healing;

You are blessed when you seize every opportunity to build stronger and kinder communities where you live and work;

You are blessed when you do not stay silent when you witness oppression, even if it costs you, because, in the long run, the human price of not doing so is so much greater;

You are blessed when you speak up for this precious earth, because it's the only home we have in the universe, it is God created, with an intended richness of variety and interdependent diversity;

You are blessed when you create opportunities for laughter, prayer, conversation and pondering with people who think differently from you about life and about God;

You are blessed when you include people and resist any suggestion that you should exclude;

You are blessed when you create opportunities and take chances to meet and talk with the people other folks would have you believe are different – unwelcome even.

And why are we blessed when we behave like this? Because in doing so, we demonstrate what God's Kingdom is like.

*(from the minister cont...)*

So, whenever we copy Jesus' example, we are bringing about God's kingdom "on earth as it is in heaven" (in God's Kingdom) even now.

Faith is a way of life as much as belief. If we don't copy Jesus' example, we add to divisiveness - even if we stay silent.

Jesus said, "You are blessed when people revile you and persecute you and utter all kinds of evil against you on my account. Rejoice and be glad for your reward is great in heaven." (*Matthew 5:11–12a*)

**Revd Janine Atkinson**



Image: [www.pixabay.com](http://www.pixabay.com) free images



**Glenorchy Bible Book Group**  
**Lenten Course : Jesus' Last days**



Join me during Lent to take another look at and engage with the events that led up to Jesus' resurrection.

Come along to **The Vestibule** at **2pm until around 3.30pm**.

Bring a packed lunch if you've been at the Lunchtime Concert. We will provide tea / coffee and biscuits (maybe even cake!)

**Our Lent Journey is in 6 weekly Segments on Wednesdays:**

**22<sup>nd</sup> February, 1<sup>st</sup> March, 8<sup>th</sup> March,  
15<sup>th</sup> March, 22<sup>nd</sup> March and 29<sup>th</sup> March**

Come along to all 6 sessions, or feel free to dip in and out.

*It was unfortunate that bad weather meant the cancellation of the meeting planned for 18th January. As February will be a busy month for me, I felt it better not to try and meet in February, but to focus on Lent and look ahead to Easter.*

**Janine**

## News of the Church Family

Several members have been or are in hospital. Carol Mortimer is still in hospital following a fall at home. Please remember Carol and Dave in your prayers. Bill Elliot is now in Fernihurst Care Home, Douglas Avenue. Audrey McNamara has had an operation on her eye and hopefully her vision is now improved.

Sadly during December three members died, **Doreen Hunt** was taken ill and died on 14<sup>th</sup> December. Please remember her two daughter, grandchildren and great grand children. **Joan Fletcher**, who has been ill since early March 2020, was in a Care home in Hatherleigh, near Okehampton. Please remember Joan's family, her two sons and daughter, grandchildren and great grandchildren. **Jeanette Sampson** died just after Christmas. Please remember her husband Nigel, her three children Nicola, Caroline and David, and her grandchildren. The three Children were members of our Sunday School back in the 1980's. Our minister Janine officiated at all the Funerals.



Grateful thanks to Angela and all who decorated the church so beautifully for Christmas. Many favourable comments were expressed.

Love and congratulations to all who celebrate an anniversary or birthday in February.



## Ministry of Flowers

If you would like to donate and arrange the flowers on a particular Sunday, perhaps in memory of a loved one or to celebrate an anniversary, please speak to Lyn.



## Readers needed



Lyn also manages the rota for readers, so if you would be willing to read occasionally on a Sunday morning, please let her know.

## Meet & Greet

The Church Meeting warmly agreed with a proposal to resume the practice of having someone at the door to welcome people arriving for worship on Sunday. If you were in favour of this, then are you also willing to join the rota?



No special skills required - just a smile and a welcome. Again, Lyn is the person to speak to.

## Update on the Manse

Work is proceeding rapidly now on the Manse, with a brand new bathroom/shower, plus redecoration, carpet cleaning or replacement where necessary, updated wiring, among other items. Repairs to the roof have been delayed because of the bad weather, but are now in the pipeline. Janine and family are now able to start moving in a few of their things and sorting out where they will go! Hopefully the final move will be in mid-February — watch this space!

*A huge thankyou to Bob Austen for the splendid job he has done in managing and overseeing the schedule of work.*

### **In Memoriam: Doreen Hunt**

Doreen's smiling face in her regular seat at the back of the church is much missed by all who knew her. She was the first to arrive on most Sundays and would welcome everyone as they came in. This is typical of one whose life was dedicated to caring for others through her nursing career. Born in 1930, Doreen came to Exmouth during her training and met her husband Tony while nursing his Dad. She remained at Exmouth hospital until retirement. She enjoyed dancing, loved the theatre and always supported the local theatre and music groups. She also enjoyed holidays with the Exmouth Holiday Club and outings with the Travel Club. At Church she liked to arrange the flowers for family occasions, helping with the floral Easter Cross and for many years she prepared Communion and cleared away afterwards. She regretted having to admit that she was slowing down and couldn't do so much, but her smile never faded to the end.



### **In Memoriam: Joan Fletcher**

Joan was a diminutive, rather shy lady, who also sat at the back of the church and, coincidentally, was also a nurse, who spent her life caring for others, first as a District Nurse and later running a retirement home for the Elderly. She enjoyed dancing, painting and playing bowls. At Glenorchy she was always willing to help in practical ways and loved being involved with "Messy Church". With failing health and the onset of dementia, she finally had to move away to a care home a couple of years ago, nearer to her family.

## **Church Administrator**

Over the last two years, the Elders have been considering the possibility of appointing an office administrator who might take on some of the routine jobs currently carried out by Jenny and others in maintaining the general running of the church. It is not unusual for busy churches like ours to have an office manager to do some of the paperwork, and practical jobs such as keeping records, Health & Safety, and dealing with outside inquiries. Such an appointment would on a similar basis to that of our Accounts Bookkeeper, a part-time paid post, which has proved very successful. If you know anyone, either from within the church or outside who might be suitable, please give them the information below.

### **Church Administrator**

8 hours per week, worked flexibly

Glenorchy United Reformed Church is looking for an enthusiastic and committed individual to help manage the administrative work of our busy Church community and Church building. This post will require a degree of flexibility and will involve liaison with the Minister and Elders of the Church.

Preference will be given to someone of the Christian faith who is in sympathy with the ethos of the Church.

For further details and a full job description please contact Rev. Janine Atkinson to express an interest Tel: 07549 162 015 or email: [minister.glenorchyurc@gmail.com](mailto:minister.glenorchyurc@gmail.com)

Deadline for applications : 18th February 2023

## Eco Matters

**Glenorchy Church is an Eco-Church**, which was awarded a 'Silver Award' by "A Rocha" several years ago, for fulfilling the required criteria.

We have recycling boxes in the church kitchen for recycling paper, plastic containers, etc. We make use of "Fair Trade" tea, coffee and cleaning materials. We aim to use energy for heating the premises responsibly, which can be a challenge in the winter. We have solar panels on the south facing slope of the roof, which can be seen from the rear car park. They produce more electricity in the summer, when excess can be fed back into the grid.

As individual church members, we are aware of the need to "refuse, re-use and recycle".

One of the criteria for progressing to a further award is cooperative action with other local organisations. We are a corporate member of "Transition Exmouth", who recently held their AGM on our premises. There is now interest towards A Rocha awards in the Exmouth Coastal Churches of Holy Trinity, Exmouth, St Margaret and St Andrew, Littleham and St Mary, Lymptstone. We can share ideas with them.

**The COP15 Biodiversity Conference, in November 2022.** This UN Conference of about 130 countries in Montreal agreed some key aims. They agreed, by 2030, to create conservation areas comprising 30% of their land and 30% of the seas and oceans. It was also agreed that richer countries create a fund of 30 billion dollars (£24 billion) to support biodiversity – actually a 'small' amount in global terms.

Let's pray it happens.

***Peter Johnstone***

## **Eco Matters extra**

### **Tablet Blister Pack Recycling**

Rather than throw them in your rubbish bin, you can now bring your popped 'blister packs' to Church and put them in the box in The Vestibule. They will then be taken to Superdrug, who recycle them.



### **Save your (used) stamps!**

There is now a box in The Vestibule for you to put your used stamps in. These will be used to benefit the work of the Leprosy Mission. Thank you!



### **Walking Group**

#### **Friday 10th February : Lympstone**



Meet at Lympstone public car park at 10am for a walk round the local area. Please let Peter Street (**01395 266005**) or Bob Austen (**269942**) know if you intend to come. Look forward to seeing you there.

### **Cookies Corner**



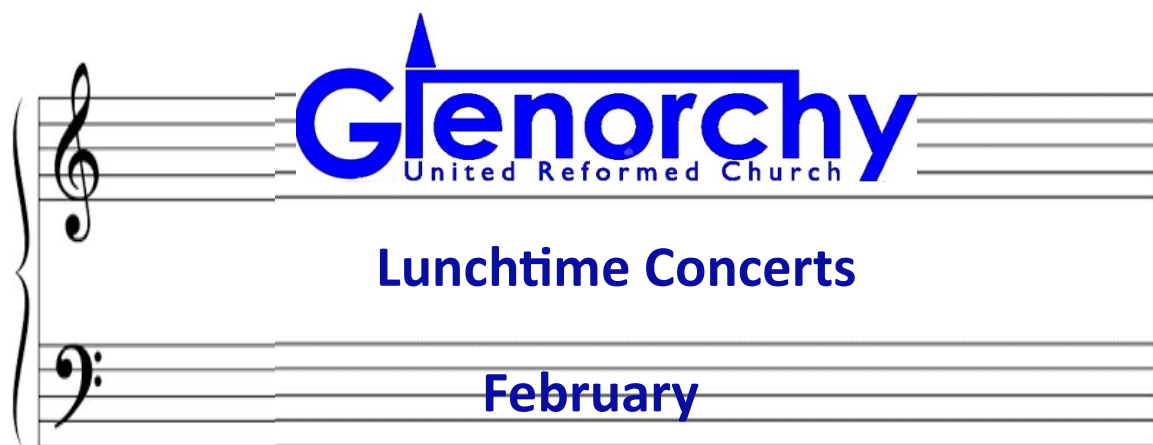
Cookies Corner marmalade stall will be at the Coffee Morning on Saturday 4<sup>th</sup> February.

At the Coffee Morning on Saturday 4<sup>th</sup> March there will be a Fairtrade /Traidcraft Stall, at part of the Fairtrade Fortnight.

### **Reminder to organisation Treasurers**

Any outstanding accounts need to be with Brian Fisher for auditing as soon as possible. Thank you.





February 1 <sup>st</sup>	Mike Pagliero, Piers Howell, Peter Johnson: <i>'Pipe Up' Organ</i>
February 8 <sup>th</sup>	Tim Othen: <i>Piano</i>
February 15 <sup>th</sup>	Jane Greenwood , Annabel Rooney <i>'Cello for Two'</i>
February 22 <sup>nd</sup>	Sax22—Saxophone Quartet with Electric Bass: <i>Classical and Light</i>



### **World Day of Prayer 2023** **Friday 3rd March at 2.30pm**

Come and join with friends from other churches in Exmouth for the annual service. We are hosting this year, so it would be good to see many of you sharing time together, and learning more about Taiwan. The service lasts about an hour, followed by refreshments.

At **3.30 p.m. on Friday 24<sup>th</sup> February**, the choir will meet to practise the hymns and songs , so do come and join us for that if you would like to learn the hymns and help the singing.

***Sheila Johnstone***



## **Mission Committee Update**

We have not yet been able to meet this year, so plans for events and activities will be shared in the Review next month. But we do know our three good causes for 2023. If you are reading this on-line follow the links below; otherwise look for the latest information on our Mission Committee notice-board in the hall.

We shall continue to support **Rehoboth in Zimbabwe**. You will remember a visit from Mark Nicholson last autumn, describing their extended family and church outreach. They are doing such a necessary, effective and Christian work in circumstances which never seem to improve: rampant inflation (with accompanying corruption), the impact of Covid and global price rises for basic things. Click [here](#)

Keeping a link with the sea we shall support the **Sailors' Society** (which some will remember as the British Sailors Society). Their chaplaincy and support ministries around the world are as necessary and as effective as ever, whatever the name! Click [here](#)

And thirdly we will support **Smile Train UK** helping families, supporters and medical professionals transform the lives of babies born with cleft lips and palates in several countries. *(Not to be confused with 'sunny smiles' – the fund-raising photos used by what was then the Methodist Children's Homes.)* Click [here](#)

There will be a Mission Sunday on March 12 when we can learn a bit more about them.

***Peter Brain***

## Warm Spaces



We have now started to advertise that we are open on **Saturday mornings** from 10am—1pm offering not just tea, coffee and biscuits, but also activities such as books and games—all in the context of a “warm space”. Whilst all are welcome to drop in, any children must be accompanied by a responsible adult at all times.



*You may well be glad of such a warm place yourself, as well as the company - so why not help out as a volunteer? More people are needed on the rota, so that the burden doesn't always fall on the same few shoulders... Thanks!*

## Job Café

The Job Café, although not technically a “warm space”, fulfils a similar role for job-seekers and will not turn anyone away if they turn up looking for warmth and a hot drink.



*Here again, more volunteers are needed, especially to help in the kitchen and to be at the door to welcome people as they come in. Come along any Thursday and find out more.*

## Church Choir.

We sang two choir items during the Carol Service on 18<sup>th</sup> December – the carols “Rejoice and be merry” and “Ring a bell for peace”.



There is only one practice in February : Friday 24<sup>th</sup> when we will practice hymns and songs for the World Day of Prayer in March (see p 16).

**Peter Johnstone**

## **Week of Prayer for Christian Unity**



This year's theme was "**Be-longing: Praying for Unity amidst Injustice**". There were two weekday lunchtime meetings: Tuesday 17<sup>th</sup> at Glenorchy and Friday 20<sup>th</sup> at All Saints. About 30 people (6 from Glenorchy) attended each meeting for prayer and a soup and bread lunch.

On Sunday 22<sup>nd</sup> a Joint Service followed by tea and biscuits was held at 4.00 p.m. at Glenorchy. It was attended by 42 people including the ministers of the Baptists, Holy Trinity, St John the Evangelist, and All Saints, the manager of Open Door and some members of other churches including Holy Ghost Catholic Church, the Salvation Army and Brixington Community Church.

***Peter Johnstone***

## **Christian Response to Eastern Europe.**



The Warehouse, at the bottom of Spiders Lane will be open on Wednesday 1<sup>st</sup> February from 10am -3pm and I will be going. If you have any good quality bedding, towels, or clothing for all ages, it will be welcome. I can collect on Tuesday 31<sup>st</sup> Jan from 4pm or from 10am on the Wednesday. The latest newsletter is now available, Please ask Jenny for a copy. In brief, the Charity sent 7 trucks to Moldova and Ukraine during the year. The next truck is due to leave Exmouth in early February. Thank you for your continued support.

***Jenny Newman***



December is always a busy month for Exmouth Food Bank and this was no exception. Our loyal supporters including churches, schools, clubs, businesses and generous individuals rallied and enabled us to distribute 358 parcels that fed over 920 people. Looking back over 2022 we have provided food for 8,091 people (an 84% increase in demand when compared to 2021) and distributed 3,094 parcels (an increase of 42%). Sadly we are not alone in recording such a spike in numbers as the soaring cost of living means more and more people are being forced to use food banks. However, we are here to help and are in a strong position to continue to support those struggling to put food on the table.

**Festive cheer :** As well as managing a surge in demand, Exmouth Food Bank volunteers together with representatives from the community, packed and distributed over 300 hampers to those in need of a few festive extras. This year we were also able to provide some additional support to many of our clients in the form of meat and vegetable vouchers. These were gratefully received and resulted in a few unexpected tears - of both relief and joy!

**New Year restock :** We anticipate that the increase in demand for our services will continue during the next quarter. We now need to focus on replenishing our core stock as we currently need to fill the display trays at least twice a week. We would really appreciate donations of the following: breakfast cereals, tinned soups, baked beans, tinned spaghetti, tins of vegetables, tins of meat and fish, jars of pasta sauce, rice pudding and tins of fruit.

**Note:** This is an extract from the Food Bank Newsletter, the full copy of which is on the notice board.

**Jenny adds:** Thank you to everyone at Glenorchy for all your support over the last year, when such heavy demands have been made on the Foodbank. There is also a donation box on the table in the Church entrance on a Sunday Morning and the Food donation box is by the door into the Church.

### **Film Club**

This has been deferred for the time being, due to the ill health of Geoff Wilcox. He is still hoping to start up later in the Spring.

### **Hygiene Certificate**

For anyone who helps in the kitchen especially if food is being provided, it is a useful asset to have a Hygiene Certificate, so an on-line tutorial has been arranged to be held at the church on Tuesday 21st February.

Please ask **Jean Curl** for details.

### **Puzzle Corner**

A fresh version of a previous puzzle::

1; 3; 2; 4; 31; 8; 13; 35; Y!



Did you spot that last month's puzzle had the first letters spelling out 'Christmas' and the last letters 'Glenorchy' ?

Hope you had a good one!



*Each year we send a donation of £3,000 to the Open Door Charity, run by the churches in Exmouth. A letter of thanks and appreciation was read to the Church Meeting, with a report on their activities.*

Our Community Hub provides a Café that offers low-cost and free meals, showers and laundry facilities to those in housing crisis, and a Community Fridge, Freezer and Larder. We also run a Parent Hub café for young families and a Baby Bank with free baby items. Craft sessions for refugee women provide a safe space to learn skills, develop creativity, and practise their English. Haven is based in Exmouth Community College offering mental health and emotional wellbeing support to young people aged 11-15 years. Our Men's Shed provides an opportunity to learn and share skills, to work collaboratively on community projects and offers social connection and friendship.

By the end of 2022 we will have:

- Welcomed over 10,000 visitors to our Community Café
- Served more than 800 free meals to those most in need
- Provided 750 support sessions (an increase of 40%)
- Reduced social isolation for 100+ adults through Men's Shed and the Craft Room
- Supported 120 young people with their emotional and mental wellbeing
- Distributed 13,000kg of food through the Community Fridge, Freezer and Larder
- Delivered craft sessions to 40+ refugee women & children
- Provided nearly 200 parents with baby items through our Baby Bank

And so much more....!

## February Calendar

### **Wednesday 1<sup>st</sup>**

10am Art Group

\*12.30pm Lunchtime concert

### **Thursday 2<sup>nd</sup>**

9.15am Job Café

### **Saturday 4<sup>th</sup>**

9.30am Coffee Morning /Warm Space

### **Sunday 5<sup>th</sup>**

10.30am Family Service  
with Holy Communion  
Revd Janine Atkinson

### **Tuesday 7<sup>th</sup>**

2pm Elders Meeting

### **Wednesday 8<sup>th</sup>**

10am Art Group

\*12.30pm Lunchtime concert

### **Thursday 9<sup>th</sup>**

9.15am Job Café

### **Friday 10<sup>th</sup>**

10 am Walking Group (see p15)

### **Saturday 11<sup>th</sup>**

9.30am Coffee Morning /Warm Space

### **Sunday 12<sup>th</sup>**

10.30am Family Service  
Revd Ruth Dillon

### **Wednesday 15<sup>th</sup>**

10am Art Group

\*12.30pm Lunchtime concert

### **Thursday 16<sup>h</sup>**

9.15am Job Café

### **Saturday 18<sup>th</sup>**

9.30am Coffee Morning/Warm Space

### **Sunday 19<sup>th</sup>**

10.30am Family Service  
Revd Peter Brain

### **Wednesday 22<sup>nd</sup>**

10am Art Group

\*12.30pm Lunchtime concert

2pm Lent Bible Group

### **Thursday 23<sup>rd</sup>**

9.15am Job Café / Jobs Fair

### **Friday 24<sup>th</sup>**

3.30pm choir practice

### **Saturday 25<sup>th</sup>**

9.30am Coffee Morning/Warm Space

### **Sunday 26<sup>th</sup>**

10.30am Family Service  
Revd Janine Atkinson

### **Tuesday 28<sup>th</sup>**

2pm Craft Group

<p>* Tea/coffee served in the hall from 12 noon before concerts</p>
---

## **Glenorchy United Reformed Church**

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